Girls in Grade 5 and older are welcome to attend, however, no separate girls programming will be offered.

Amy Warner will offer 1:1 Spiritual Direction; sign-up at camp.

Retreat offering will go to Camp Mennoscah to support their ministries. Offering will be received on Sunday morning. Please make checks out to <u>Camp Mennoscah</u>.

NOTE: We will collect a non-refundable \$15 program fee.

Cancellations made after noon on Friday, September 9 are non-refundable.

# Things to note this year:

-- The schedule will be similar to last year with a limited number of seminars offered and more free time. Snacks will not be provided as usual so please plan to bring extra to satisfy those cravings.

-- Please bring masks. COVID protocols will be followed, and certain decisions will be made closer to or at retreat time as numbers dictate. We strongly encourage you to be fully vaccinated before you come.

-- We suggest taking a COVID test before coming to camp and if you test positive, to please stay home. We care about you as well as those around you.

## **Afternoon Seminars**

You will sign-up for Seminars when you arrive at camp. Here are the possible choices.

- A. Tying Comforters Come and Go! All afternoon!
- B. Book Reviews Bethany Martin Listen to Bethany's fabulous book reviews for all ages.
- C. Craft project (To be Determined)
- D. Dream Catchers Amy Warner Ever wonder what your dreams might mean? Let's visit!

D. Yoga (To be Determined) A typical class in traditional yoga, guiding you into poses, mindful breathing, and deep relaxation. This class is safe for all participants, whatever your physical condition, mental state, or spiritual awareness. <u>You must be vaccinated to attend</u> and there will be limited spots available.

- E. Church of the Wild Wander Vada Snider Explore the relationship between spirituality and nature.
- F. Free Time Sleep, walk, read, pray, do whatever YOU want to do! Coloring Sheets will be available (Thank you, Cathy Bitikofer!)

**Your Retreat Committee:** Cappy Becker (chair), Rhonda Toews Moore, Darlene Powers, Tammy Duvanel Unruh, Charlotte Warkentine, Karen Mascho, Sharon Stucky (ex officio)

**WDWM Executive Committee:** Sharon Stucky, President; Darlene Powers, Treasurer; Renae Stucky, Communications

**Saturday supper** by Keith Banman – Please consider signing up to help serve and clean up.

### SCHEDULE

## Saturday, September 10, 2022

| 11:30-12:30 Registration |                       |
|--------------------------|-----------------------|
| 1:00-1:30                | Gathering Time        |
| 1:30-5:00                | Seminars/Free Time    |
| 4:00-5:00                | Pool time/Free Time   |
| 5:30-6:30                | Supper (Keith Banman) |
| 7:00                     | Worship               |
| 8:30                     | Campfire with Tammy   |
| 9:00                     | Black Kettle Popcorn  |
|                          |                       |

#### Sunday, September 11, 2022

| 8:00               | Wake-Up Bell        |
|--------------------|---------------------|
| 8:00-8:45          | Coffee & Fellowship |
| 9:00-9:15          | WDWM Election       |
| 9:15–10:30 Worship |                     |
| 10:30              | Brunch              |
| 11:30              | Announcements,      |
|                    | Communion & sending |

Clean up and departure

**THINGS TO BRING** 

Bible, notebook, pencil or pen, crayons, colored pencils, lawn chair (if desired for worship services), money (for pop, camp store, and/or offering), sunscreen. swim wear (must have different items for pool and river play), insect repellant, snacks, drinks, water bottle, pad or cushion to sit on at campfire, flashlight, table games, bedding (pillow, sheets, and/or sleeping bag), towels, toiletries, alarm clock (if desired), personal medications, masks, comfortable shoes and clothes, smiles and laughter!

# Women & Girls Retreat 2022

September 10-11 at Camp Mennoscah

# Theme: Women's Voices

Luke 1:45-55 (Mary's Song)

## Numbers 27:1-11 (Daughters of Zelophehad)

And Others!



Questions to ponder:

When have you seen a woman's voice being heard?

When has a woman made her voice/message effective?

Whose voice has helped other women's voices be heard? How did she do that?

When have you helped a woman find her voice?

When has another woman helped you find your voice? How did she do that?